

Soiled clothing should be first treated with a disinfectant and then boiled before being washed.

Especial care must be taken in regard to disinfection if the patient is in the country, where plumbing and other sanitary arrangements are not the best.

---

## **COURSE OF STUDY FOR NURSES' TRAINING-SCHOOL**

By SUSAN S. FISHER

(Graduate of New Haven Training-School, New Haven, Conn.)

AND

ELIZA C. GLENN

(Graduate of Illinois Training-School, Chicago, Ill.)

Pupils of the Class in Hospital Economics, Teacher's College, Columbia University,  
New York

IN making out this course of study, the plan has been to make the freshman period preparatory, the nurses to go into the wards at the beginning of the sophomore period if they are to be retained in the school. The pupils in the training-school number twenty-five, six to be taken in October 1 and April 1 each year. The spring class to have the regular six-months' work (from April to October) and thus be ready October 1 to go on with the work as planned for the junior year, making a class of twelve for graduation.

### **OFFICERS TO BE:**

Superintendent of training-school, assistant superintendent, clinical nurse, instructor in dietetics.

### **INSTRUCTORS.**

Dietetics, instructor in dietetics; massage, a masseuse; bacteriology, surgeon; materia medica, physician; surgical and gynæcological nursing, superintendent of training-school or clinical nurse; physiology and anatomy, medical nursing, obstetrical nursing, nursing in diseases of the eye, ear, nose, and throat, urinary analysis, superintendent of training-school or assistant. Lectures to be given by physicians and surgeons.

### **EXAMINATIONS (GIVEN BY INSTRUCTORS).**

At the end of the freshman period, three: dietetics, bacteriology, practical work.

At the end of the sophomore period, one: physiology and anatomy.

At the end of the junior period, six: medical nursing, including

care of contagious and nervous diseases; surgical and gynæcological nursing; obstetrical nursing, to include care of infant; nursing in diseases of the eye, ear, nose, and throat; materia medica; urinary analysis.

At the end of the senior period, none.

Markings will indicate standing in theoretical and practical work as well as in general conduct: A, excellent; B, good; C, fair; D, poor; F, failure.

A public practice demonstration to be given annually by six members of the graduating class having the highest standing.

In outlining this work, it has not seemed wise to arrange time for gymnasium exercises, but as it could be brought about this work would be introduced.

#### FRESHMAN PERIOD.

##### *Course of Lectures for 1902-1903.*

Tuesdays and Thursdays, three to four P.M.

October 7.—Bacteria: their presence in air, water, milk, etc.; structure and various forms; reproduction; influence of external conditions upon growth.

October 9.—Yeasts: moulds and fermentation.

October 14.—Methods of sterilization; natural and artificial purification of water.

October 16.—Food principles, beverages.

October 21.—Proteids: eggs, etc.

October 23.—Milk: pasteurization, sterilization, preparation of baby food.

October 28.—Custards.

October 30.—Broths.

November 4.—Meats and fish.

November 6.—Dishes made with gelatine.

November 11.—Ice-cream.

November 13.—Starch: structure, food value, cooking of it.

November 18.—Gruels and fruits.

November 20.—Cereals.

November 25.—Vegetables.

#### BACTERIOLOGY.

Tuesdays and Thursdays, three to four P.M.

November 28.—Bacteriology as relating to hygiene in health and disease.

December 2.—Bacteriology as relating to sanitation and ventilation, disinfection of rooms, clothing, excreta, etc.

December 4.—Immunity, natural and acquired.

December 8 and 9.—Vaccination, antitoxins, etc.

December 11 and 16.—Bacteriology as related to surgical work, including the making of cultures.

#### FRESHMAN PERIOD.

##### *Practical Demonstrations.*

Tuesdays and Thursdays, ten to eleven A.M.

October 7, 9, 14, 16, 21, 23, 28, and 30.—Bed-making, care of bed and bedding, care of soiled linen, mechanical appliances for medical and surgical bed patients.

November 4, 6, 11, 13, and 18.—Antiseptics, making of solutions, making of bandages, surgical and obstetrical supplies, sterilization.

November 20, 25, and 27.—Care of hospital property: bath-room utensils, air- and water-beds, rubber and glass appliances, instruments, hypodermics, thermometer, etc. Time allowed for three reviews and two examinations.

##### *Physiology and Anatomy.*

Tuesdays and Thursdays, ten to eleven A.M.

December 2.—General structure of body, its tissues and organs. Broad general view of evolution of man and embryology.

December 4.—Different kinds of tissue. Adaptation to function. Introduce nervous system sufficiently to show its intimate relation to all bodily functions.

December 9.—Comparative work with structure of epithelial, muscular, and connective tissues; distribution of each.

December 11.—Compare function of epithelial, muscular, and connective tissues,—their relation to each other and to the body as a whole.

#### SOPHOMORE PERIOD.

##### *Physiology and Anatomy.*

Class Work: Tuesdays and Thursdays, two to four P.M.

December 18.—The skeleton: its relation to softer tissues; classification of bones; bones of extremities.

December 23.—Bones of trunk and head; changes in at different periods of life.

December 26.—Review quiz.

December 30.—The joints: show adaptation of structure to function by study of structures entering into formation of joint.

January 2.—Muscles—function: adaptation to function shown by characteristics of tissue, shape, size, distribution, and mode of attachment to skeleton; relation to proximal tissue.

January 7.—Muscles: characteristic muscles, study in groups, ex-

pression, mastication, respiration, flexors, extensors, supinators, pronators, adductors, abductors, muscles of back and abdomen.

January 9.—Review quiz.

January 14.—The vascular system: comparative study of blood and lymph; composition, characteristics, function; distributing apparatus for blood and lymph; adaptation to function.

January 16.—Heart, arteries, veins, capillaries, and lymphatics; structure and function; (comparative work) relation to each other.

January 21.—Arterial distribution; venous return; locate chief vessels.

January 23.—Comparative study of adult and fetal circulation, arterial pressure, pulse.

January 28.—Lymphatic glands; review vascular system, emphasizing relation of blood and lymphatic systems to each other.

January 30.—Respiration: what it is and why necessary; apparatus for accomplishing; results and hygiene of respiration.

February 4 and 6.—Nervous system: show close relation of sympathetic and cerebrospinal systems, and coördinating power of nervous system; adaptation of man to his environment by means of nervous apparatus; development of, with growth of body; hygiene of; sufficient study of structure to make these points intelligible.

February 11.—Secreting glands and mucous membranes: essentials of secreting glands; show large blood supply, and influence of nervous system on secretion.

February 13.—The digestive apparatus: alimentary canal; function and structure; accessory organs; function and structure and relation to digestion.

February 18.—Digestion and absorption: digestive juices and their action on foods; relation of nervous system to digestion; hygiene of digestive organs.

February 20.—Review quiz.

February 25.—Elimination: function and structure of urinary apparatus; relation of elimination to other functions of the body; influence of nervous system and large blood supply.

February 27.—Characteristics of normal urine illustrated with practical tests.

March 4.—Skin, nails, and hair: function of skin; a controlling factor in regulating body heat; show necessity of hygiene on basis of structure.

March 6.—Ear, nose, and throat: function and structure; relation to each other; hygiene.

March 11.—The eye: adaptation of structure to function; show

how it, together with all sense organs, are channels for communication with the nervous system.

March 13 and 18.—Reproductive system and mammary glands: sufficient comparative study to show relation of male to female organs; structure and general arrangement; relation to pelvis and contained viscera, particularly the urinary apparatus; evolution and adaptation to function; physiology and hygiene of; menstruation and pregnancy.

March 20, 25, 27.—Three periods for review and quiz.

#### JUNIOR PERIOD.

##### *Course of Lectures for 1902-1903.*

Ethics frequently as needs indicate.

##### *Surgical Lectures.*

Tuesdays and Thursdays, eight to nine P.M.

October 3.—Principles of modern surgery.

October 10.—Care of patient before, during, and after operation.

October 17.—Administration of anæsthetics, with demonstration.

October 24.—Surgical emergencies, treatment in such cases.

October 31.—Surgical emergencies, treatment in such cases.

November 7.—Wound healing.

November 14.—Wound accidents, inflammation, suppuration, erysipelas, etc.

November 21.—Surgical diseases, tumors, etc.

##### *Gynecological Lectures.*

Tuesdays and Thursdays, eight to nine P.M.

November 28.—Diseases of the organs of generation.

December 5.—Diseases of the organs of generation.

December 17.—Diseases of the organs of generation.

December 19.—Preparation of patient for examination and operation.

December 26.—Care of patient after operation.

##### *Contagious Diseases.*

January 3.—Contagious diseases.

January 10.—Nursing in contagious diseases.

January 17.—Isolation, disinfection; when necessary, how to disinfect in private house.

##### *Medical Lectures.*

Tuesdays and Thursdays, eight to nine P.M.

January 24.—General class of patients; what and how to observe and record accurately.

January 31.—Nursing in typhoid; correct way to give sponge and tub baths; reasons for method adopted.

February 7.—Diseases of digestive organs, care of

February 14.—Diseases of digestive organs, care of.

February 21.—Diseases of circulatory organs, care of.

February 28.—Diseases of respiratory organs, care of.

March 7.—Diseases of urinary organs, care of.

#### *Obstetrics.*

March 14.—Pregnancy: the signs, the organs concerned, and changes which they undergo.

March 21.—The diseases and emergencies of pregnancy.

March 28.—The care of the pregnant woman, including diet, exercise, etc.

April 4.—Labor: causes and signs, stages.

April 11.—Presentations and positions of the child; emergencies of labor.

April 18.—Puerperal period, management of the woman, dangers of the period.

#### *Nursing of Children.*

April 25.—Condition and care of newborn infant; dieting in infancy and childhood in health.

May 2.—The diet of the infant and young child in illness; general care of young child in health and disease.

May 9.—Bathing, irrigating stomach and bowels, gavage, etc.

May 16.—Nursing in measles, scarlet fever, and other exanthematous diseases.

#### *Nervous System.*

May 23.—The nervous system in health; the nervous system in disease.

May 30.—The general care of the nervous and insane.

#### *The Eye, Ear, Nose, and Throat.*

June 6.—The care of the eye in health and disease; the care of the ear, nose, and throat in health and disease.

#### **JUNIOR PERIOD.**

##### *Materia Medica.*

Class Work: Tuesdays and Thursdays, ten to eleven A.M.

October 1.—Introduction.

October 8.—Methods of administration of medicine.

October 15.—Anodynes; special attention to opium.

October 22.—Hypnotics.

October 29.—Cathartics.  
 November 5.—Cathartics.  
 November 12.—Antipyretics.  
 November 19.—Alcohol.  
 November 26.—Nervines.  
 December 3.—Diuretics and diaphoretics.  
 December 10.—Heart stimulants and heart depressants.  
 December 17.—Emetics.  
 December 24.—Tonics.  
 December 31.—Acids.  
 January 2.—Oils.  
 January 8.—Astringents.  
 January 15.—Digestants.  
 January 22, 29, and February 5.—Review and quiz.

## JUNIOR PERIOD.

*Nursing.*

Class Work: Friday, three to four P.M.

October 3.—Preparation of patients for operations (capital and minor).  
 October 10.—Care of patients after operation.  
 October 17.—Wounds: varieties of and methods of healing.  
 October 24.—Hemorrhage, shock.  
 October 31.—Fractures, dislocations, and sprains.  
 November 7.—Burns and scalds, frost-bites, contusions, etc.  
 November 14.—Surgical operating-room technique.  
 November 21.—Preparation for operation in private houses.  
 November 28.—Gynæcological nursing.  
 December 5.—Gynæcological nursing.  
 December 12.—Complicating diseases of surgical cases: septicæmia, pyæmia, erysipelas, tetanus, cellulitis.  
 December 19.—Local applications: hot and cold; moist and dry.  
 December 26.—Counter-irritants.  
 January 3.—General care of contagious and infectious diseases.  
 January 10.—Pulmonary tuberculosis, diphtheria, smallpox.  
 January 17.—Dysentery, malaria, etc.  
 January 24.—Nursing in febrile diseases.  
 January 31.—Nursing in typhoid fever.  
 February 7.—Nursing in diseases of the alimentary tract: indigestion, gastritis, ulcers, colitis.  
 February 12.—Nursing of convalescents.  
 February 14.—Diseases of the urinary system: Bright's, uræmia, cystitis.

February 21.—Medical emergencies: artificial respiration, drowning, mechanical appliances, lavage, poisoning.

February 26.—Alcohol, opium, and allied habits.

February 28.—Termination of disease.

March 5.—Obstetrics: review anatomy and physiology of generative organs.

March 7.—Pregnancy: symptoms and physical signs; obstetrical terms and definitions.

March 12.—Development of the fetus, abortion, miscarriage, premature labor.

March 14.—Care of patient before and during labor.

March 19.—Care of patient after labor; care of the breasts.

March 21.—Care of the child.

March 26.—Infant feeding.

March 28.—Nursing in nervous diseases: neuralgia, meningitis, neurasthenia, hysteria, chorea, epilepsy.

April 2.—Rest-cure and daily routine.

April 4.—Diseases peculiar to children; disorders of the alimentary canal.

April 9.—Infantile paralysis, croup, convulsions, rickets, mumps, whooping-cough, etc.

April 11.—Urine in health and disease.

April 16, 18, and 23.—Elementary urinalysis.

April 25.—Nursing in diseases of the eye.

April 30.—Nursing in diseases of the ear, nose, and throat.

May 2, 7, 9, 14, 16, 21, 23, 28, 30, and June 4.—Massage.

Review quiz.

#### SENIOR PERIOD.

History of hospitals and nursing.

Hospital economies.

Ethics of nursing, private duty.

District nursing, settlement work.

Public hygiene.

Building regulations.

Water, drainage, garbage.

Meat and milk supplies.

Quarantine and burial regulations.

This covers the third year's work. So far as practical and possible, would arrange for excursions and outside speakers. Each nurse to write a paper, choosing her topic from suggested subjects for third year's work.

This paper will stand for third year's examinations.